Evaluation of the technical parameters of sports activity of the women's team of the mongolian student basketball league

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Abstract

Objective of the study was to conduct a statistical analysis of the main technical parameters, such as the accuracy of the throw, the effectiveness of the transfer and possession of the ball, among the players of the women's team "Shonkhoruud" (falcons) of the "Student League" of the Mongolian State University.

Methods and structure of the study. We determined and compared the performance and results of accurate shots, the effectiveness of passes, interceptions and blocking of balls of the last 12 games of the Student League season based on statistics and match facts.

Results and conclusions. In terms of the offensive performance of the "Shonkhoruud" team, 46.1% of the players made two-point shots, that is, indicators below the team average, 15.3% did not make three-point shots at all, and 30.7% made these shots, but did not hit the target, which indicates that the offensive team was insufficient. In terms of assists, the team completed 50% of assists out of 12 matches, above the team average, and 30.7% of players assisted other players, increasing the possibility of high scores.

Keywords: team sport, accurate throw, ball passing, dribbling technique, interception.

Introduction. The development of basketball is inextricably linked with the main indicators of the technique of athletes. During a basketball tournament, specialists are faced with the task of analyzing the statistics of each match, optimally organizing training sessions, preparing and planning training programs, plans and methods. In recent years, basketball performance statistics, in addition to such indicators as the number of points and assists per game, began to include an assessment of the results of the offensive and defensive strategies of the team (James E. Kozy, 2011).

Objective of the study was to assess the technical parameters of the sports activities of the women's team of the Mongolian student basketball league.

Methods and structure of the study. The analysis of the competitive activity of 13 players of the student team of the Mongolian women's league "Shonkhoruud" Mongolian State University for 2019-2020 was carried out. All participants have an average age of 20 years, height 173 cm. The league is held in a round robin system, consisting of four quarters, each lasting 10 minutes.

Results of the study and their discussion. Figures 1-3 and Table 1 show the results of each player's throws.
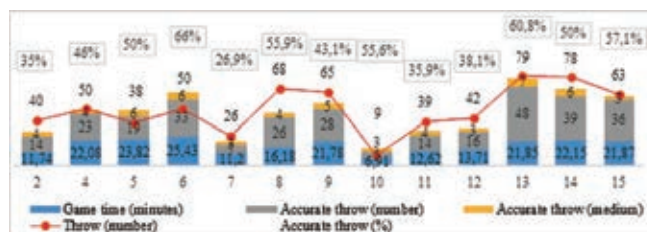
Figure 1. *Two-point shooting performance of the players of the Shonkhoruud team of Mongolian State University*

Accurate throw. Based on two-point shots in 12 games of the league season, the No. 6 forward averaged 25.43 hours on the field, had a 66% success

rate and scored 12 points per game. The number 13 forward averaged 21.85 minutes on the pitch, 60.8% offense, 12 points per game. From the results of the study, we can see that the team is 47.99% successful in a two-point ball throw. From this we can conclude that the team's two-point offensive throw of the ball, the attacking throw, is performed successfully.

Three-point shot stats. Of the three-point shots in 12 games of the quarter-final team, the number 11 centre-back played an average of 12.62 minutes on the field with a 55.6% success rate, the number 6 striker with 33.3%. But the team's three-point throw is only 20.69%, so it needs to be improved and worked out.

Free throw scores of each player of the Shonkhoruud Mongolian State University team. As you can see from the graph above, the number 10 guard averaged 6.91 minutes on the field and had a 100% free throw hit rate, the number 11 center 81.8%, the number 12 center 73.3%, the number 1 8 - 72.2%, the team made 59.6% of successful free throws in 12 games.

Based on shot scoring in 12 games of the 2019-2020 season. the team made 673 two-point shots, of which 314 were accurate, the effectiveness of the attack was 47.99%.

Three-point shots were made 221 times in 12 games this season, 52 shots were successful, and the average was 20.69%. The percentage of free throws in 12 games of the season shows that the team makes an average of 20 shots, 12 of which are successful, and the percentage of effective and accurate shots is 59.6, the percentage of successful free throws adds extra points to the team. Of the number of shots made in 12 games of the season, there are three types of shots on average that have a significant impact on the success of the team, attacking evenly and effectively.
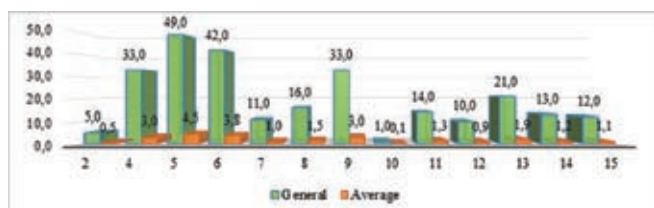

Figure 2. *Comparative indicators of accurate passes of the athletes of the "Shonkhoruud" team of Mongolian State University*

Accurate passes. As can be seen from fig. 2, point guard number 5 had 49 passes in 12 games of the season, averaging 4.5 assists per game, forward number 6 had 42 assists averaging 3.8 assists per game, point guard number 4 had three assists per game, and the number 9 center averaged three assists per game. Players numbered 5, 6, 4 and 9 of the team actively participated in the attack, made accu-

rate passes, increased the chances of other players to score points, and led the team in the number of accurate passes.

Picking up the ball from under the shield. The ability to rebound the ball defensively and offensively during a game is one of the most important indicators of a team's offense, allowing them to start an offense and continue with a second offense. Rebounds are statistically ranked as offensive rebounds and defensive rebounds.
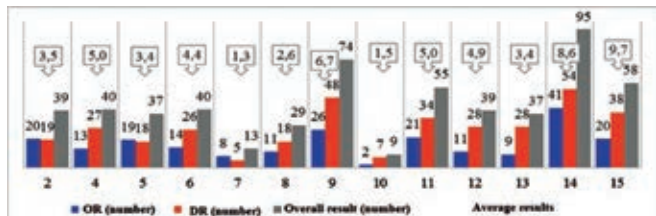
Figure 3. *Comparison of the rebounds of each player of the Shonkhoruud team of Mongolian State University*

Note: OR - offensive rebound, DR - defense rebound.

Let's take a look at the rebound metrics for each player. The number 14 center grabbed just 95 rebounds, of which 41 offensive rebounds and 64 defensive rebounds, averaging 8.6 per game. The number 15 center appeared in six games and grabbed just 58 rebounds, including 20 offensive rebounds and 38 defensive rebounds, averaging 8.6 per game. Based on the number of rebounds in 12-team league games, the team completed 17.7 offensive rebounds, 29.2 defensive rebounds, for a total of 46.8 rebounds per game, creating offensive second chance opportunities but not being able to use them effectively in some games.

Defense technique and skills

Interception of the ball. Analyzing the interceptions for each player, we can say that the defense of players numbered 4, 5 and 6 is very good. 5 - an average of 3.27 interceptions. The team averaged 21.58 steals per game, limiting the opposing team's ability to play freely and allowing the team to continue the offense successfully.

Ball blocking. Blocking the ball is one of the important indicators to restore the game of the team by blocking the ball thrown by the player of the opposite team, limiting the possibility of the ball getting into the ring, showing the advantage in defense during the game. Blocking the ball is usually performed with high efficiency by post players with good reaction speed and explosive power, with high growth.

Shonkhoruud Mongolian State University team's ball blocking figures: The height of our team players is 162-183 cm, the average height is 173 cm. Based on ball blocking rates in 12 games of the

2019-2020 season of the Student League, the center player is 178 cm tall number 9 made a total of 25 blocks or 2.27 times per game, leading the team and the league's center in this indicator. This player plays well on the court with markings, is actively working on defense, he has better footwork, explosive jumps and it is noticed that the sense of ball movement is more developed than others.

Conclusions. In terms of offensive performance, 46.1% of players made two-point shots, i.e. below the team average, 15.3% of them did not make three-point shots at all, and 30.7% made these shots but missed the target. This indicates that the team's offensive was insufficient.

In terms of assists, the team completed 50% of assists out of 12 matches, above the team average, and 30.7% of players assisted other players, increasing the possibility of high scores.

During the game, a total of 46.8 rebounds per game were thrown, creating opportunities for second chance offense, but in some matches it was not possible to use them effectively.

Successfully defending, he averaged 21.58 interceptions per game. During the game, the defense of the players in the 1st, 2nd and 3rd positions of the back line of the team was excellent, which limited the ability of the players of the opposing team to play freely and allowed the team to continue the attack successfully.

The team made an average of eight successful blocks per game and it can be seen that the role of the team's post players was very important in the effectiveness of blocking the ball.

In terms of further training, it is necessary to optimally plan the coordination, content and methodology of physical training, technical and tactical training and psychological training. It is concluded that it is necessary to use effective training methods to improve the technique of throwing players at medium and long distances, planning shots, dribbling and passing training for several options, increase footwork and sudden explosive power, it is also necessary to use effective training methods to stabilize psychology, such like self-confidence, concentration and decision making.

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